



Here at the Bower House Inn we pride ourselves on using locally sourced produce whenever available.

All our meat products are provided by local butchers - Woodalls of Waberthwaite, Bewleys Cumberland Sausage & Pattons on Millom who use only local produce.

All our meals are freshly made to order, please be patient during busy times.

\* Smaller portions available for £9.95

(V) Vegetarian

A selection of meals can be made Gluten Free, Dairy Free & Vegan please specify if you require these options

(GFA) Gluten Free available

(DFA) Dairy Free available

(VEA) Vegan Available

Please talk to a member of staff for any other allergy or dietary requirements. All allergens are used throughout our kitchen & trace amounts may be present at all stages of cooking.

# Starters

## Soup of the Day (V)(GFA)(VEA)(DFA)

Homemade soup topped with croutons, served with a warm crusty roll  
£6.25

## Creamy Garlic Mushrooms (V)(GFA)

Sauteed mushrooms in a garlic cream sauce on toasted sourdough, topped with rocket  
£6.50

## Chicken Liver Pate (GFA)

with crusty bread, rocket, cherry tomatoes & mustard balsamic glaze  
£7.25

## Breaded Brie (V)

Deep fried & served with baby leaf salad, cherry tomatoes, mustard balsamic glaze  
& cranberry sauce  
£7.25

## Crispy Bacon & Black Pudding Stack

Topped with a free range poached egg, with baby leaf salad & a mustard balsamic glaze  
£7.95

## King Prawns (GFA)(DFA)

King prawns sauteed in sweet chilli sauce on toasted sourdough topped with rocket  
£7.95

## Pork & Prawn Gyoza

Pork mince & prawns mixed with lemongrass, ginger, celery, sesame oil & oyster sauce in  
a dumpling wrapper with Asian salad & a soy-lime dipping sauce  
£7.95

# Mains

## Steak & Ale Pie

Slow cooked pieces of tender steak in rich real ale gravy, encased in short crust pastry, served with homemade seasoned chips or mashed potato & seasonal vegetables

£15.95

## Moroccan Lamb Pudding

Slow cooked lamb, marinated in Moroccan spices with caramelised red onion, encased in suet pastry with a rich Moroccan gravy, spiced vegetable tagine & a fresh mint

yogurt

£15.95

## Chicken Ham & Leek Pie

Chicken breast & thigh, roasted ham & sautéed leeks in a smoked cheese sauce, encased in short crust pastry with homemade seasoned chips or mashed potato & seasonal vegetables

£15.95

## Beef Goulash\* (GF)

slow cooked beef stew with tomatoes & red peppers, seasoned with paprika finished with sour cream, served with mashed potato

£14.95

## Cumberland Sausage

Cumberland sausage on a bed of mashed potato with seasonal vegetables & a rich ale gravy

£14.95

## Belly Pork\* (GFA)

Slow roasted belly pork with crackling, apple puree, cauliflower puree, mashed potato, seasonal vegetables & rich ale gravy

£16.95

## Cumbrian Sirloin Steak

(GFA)(DFA) 300g prior to cooking

Chargrilled to your liking with grilled tomatoes, flat cap mushroom, beer battered onion rings & homemade seasoned chips.

£24.95

*Add a sauce £2.95 - peppercorn, blue cheese or garlic mushroom*

## Curry of the Day\* (GF)(DF)

Served with basmati rice, homemade chips or half & half with a poppadum & mango chutney

*(Please ask a member of staff for today's curry)*

£14.95

## Pork Donburi

A Japanese & Indonesian fusion. Sherry, honey, cloves & Japanese spice marinated belly pork, thinly sliced on a bed of Nasi Goreng (Fried Rice) consisting of crispy fried onions, chicken pieces & king prawns tossed in Balinese paste (shrimp) topped with a soy marinated egg yolk

£16.95

## Beef Lasagne\*

Homemade lasagne topped with Parmesan & mozzarella cheese with dressed salad, coleslaw & garlic bread  
£14.95

## Fish & Chips\*

Tempura beer battered fresh cod with homemade seasoned chips, mushy peas & homemade tartare sauce  
£15.95

## Scampi\*

Breaded wholetail scampi with homemade seasoned chips, garden peas & homemade tartare sauce  
£14.95

## Buttermilk Chicken Burger

Chicken thigh marinated in buttermilk, coated in a lightly spiced crumb, deep fried, topped with candied bacon, mature cheddar cheese, gherkins, sweet chilli mayo & beer battered onion rings in a toasted bun with homemade seasoned chips, coleslaw & salad  
£16.95

## Beef Burger (GFA)

Chargrilled homemade beef burger, topped with mature cheddar cheese, tomato relish, burger sauce, garlic mayo, gherkins & beer battered onions rings in a toasted bun with homemade seasoned chips, coleslaw & salad  
£15.95

*Add chargrilled bacon - £16.95*

## Cajun Chicken

Chicken breast marinated in Cajun spices with salt & pepper seasoned chips, coleslaw, garlic mayo & baby leaf salad with a mustard balsamic glaze  
£14.95

## Beef Gyudon

Japanese Dish.

Beef topside marinated in sherry, ginger, rice vinegar & soy sauce, tossed in an authentic Japanese sauce, thinly sliced & served on tomato, shrimp paste & crispy fried onion rice topped with a soy marinated egg yolk & sesame seeds  
£16.95

## Prawn, Mango & Avocado Salad\* (GFA)

Sesame oil, pink peppercorn & lime marinated king prawns with avocado, fresh mango & cherry tomatoes with romaine lettuce, crushed walnuts, salted smoked croutons & a wasabi, mango & lime dressing  
£16.95

## Marinated Pork Chop (GF)

Pork chop marinated in ginger, garlic, pink peppercorn & lime with sweet potato gratin, roasted baby corn, mange tout & green beans with a lightly spiced pineapple sauce & a beetroot & red wine puree  
£17.95

## Thai salmon noodle broth(GF)

Rice noodles in a coconut, ginger & lemongrass broth with tofu & a pan seared Thai spiced salmon fillet, topped with red chillis & fresh coriander (mild/medium spiced)  
£17.95

## Spiced Mexican Wraps\*

(V)(DFA)(VEA)

Spiced re-fried beans in tortilla wraps topped with cheddar cheese, guacamole, sour cream with a roasted red pepper & coriander salsa  
£14.95

## Two Bean Chilli\* (V)(GF)(VEA)(DFA)

Butter beans & kidney beans cooked with vegetables, tomatoes, chilli & garlic topped with goats cheese, guacamole & sour cream on a bed of rice  
£14.95

## Veggie Thai Curry\* (GF)(DF)(VE)

Mixed vegetables in Red Thai curry paste, cooked in coconut milk with Basmati rice & a naan bread  
£14.95

## Mushroom Dhal\* (GFA)(VE)(DF)

Lightly spiced red & green lentils cooked with tomatoes, onions & coconut milk with mushrooms, crispy onions & a chilli coriander salsa with naan bread  
£14.95

# Side Dishes

Homemade Chips (GF) (VE)	£3.50
Smoked Paprika Homemade Chips (GF)(VE)	£3.75
Salt & Pepper Homemade Chips	£3.95
Seasonal Vegetables (GF)	£3.50
Beer Battered Onion Rings	£3.25
Rocket, cherry tomatoes & parmesan salad (GF)	£3.25
Garlic Bread	£2.95
Cheesy Garlic Bread	£3.50
Naan Bread (VE)	£2.95
Homemade Coleslaw (GF)	£2.00
Bread & Butter (2slices)	£2.00
Buttered Baguette	£2.95



# Kids Options

Chicken Goujons

Scampi

Sausages

Served with chips  
& a choice of beans, peas or salad.

£6.25

# Kids Desserts

Chocolate Brownie

with Ice Cream

Sticky Toffee Pudding

with Ice Cream

£3.95



# Desserts

## Chocolate Brownie

Double chocolate brownie with chocolate sauce,  
served warm with custard, cream or vanilla ice cream

## Belgian Waffle

Topped with vanilla ice cream & smothered in caramel, white & dark chocolate sauce

## Sticky Toffee Pudding

Served with custard, cream or vanilla ice cream

## Apple Crumble

Served with custard, cream or vanilla ice cream

## Chocolate Baileys Sundae

Layered chocolate brownie pieces, vanilla ice cream & baileys topped with whipped cream & chocolate sauce

## Bread & Butter Pudding

Served with custard, cream or vanilla ice cream

## Gluten Free Chocolate Fudge Cake(GF)

With Vanilla Ice Cream

## Vegan Chocolate Orange Sponge Pudding (VE)

With vanilla ice cream

All £6.25 each

## Cheese & Biscuits

A selection of soft, hard & blue cheese with crackers & chutney

£8.95

## Ice Cream

Choose from Chocolate, Vanilla, Strawberry

(Vegan Options also available)

1 scoop            £1.50

2 scoop            £3.00

3 scoop            £4.00